







Mechanisms of Rumination Deactivation: An Interpretive Phenomenological Study in Young Adults with Anxiety

Jefri. Nur¹, Nafesa. Azzahranisa², Okta Nurika. Akhni^{1*}

¹ Department of Psychology, Faculty of Social and Political Sciences, Brawijaya University, Malang, Indonesia

² Faculty of Psychology, Maranatha Christian University, Bandung, Indonesia

* Corresponding author email address: oktaakhni@ub.ac.id

E d i t o r	R e v i e w e r s
Asoke Kumar Saha  Professor Department of Psychology, Jagannath University, Dhaka, Bangladesh drasoke@psychology.jnu.ac.bd	Reviewer 1: Azade Abooei  Department of Counseling, Faculty of Humanities, University of Science and Art, Yazd, Iran. Email: a.abooei@tea.sau.ac.ir Reviewer 2: Roodabeh Hooshmandi  Department of Psychology and Counseling, KMAN Research Institute, Richmond Hill, Ontario, Canada. Email: roodhooshmandi@kmanresce.ca

1. Round 1

1.1. Reviewer 1

Reviewer:

In the paragraph beginning “Rumination, defined as the repetitive and passive focus on one’s distress and its possible causes and consequences...”, consider differentiating “rumination” from “worry” more explicitly. For example, the statement “While worry is more future-oriented and verbal, rumination often centers on past events and personal flaws” could benefit from one or two more references to strengthen the conceptual distinction

The final sentence of the introduction, “The objective of the present study is to explore the lived experiences and underlying psychological and contextual mechanisms by which young adults with anxiety in Indonesia deactivate rumination,” would be stronger if you specify the interpretive phenomenological approach and emphasize the practical implications anticipated (e.g., for culturally adapted interventions).

In “Participants were recruited from mental health support communities and university counseling centers across major cities in Indonesia through purposeful sampling...”, consider clarifying how “major cities” were defined or selected and whether socioeconomic diversity was sought

In “All recordings were transcribed verbatim and, where necessary, translated into English for analysis while maintaining contextual meaning.” — clarify how back-translation or cultural equivalence checks were done to ensure no loss of psychological nuance.

The paragraph describing participants (“The study included 21 young adults from various provinces in Indonesia...”) could be enhanced by exploring how demographic differences (e.g., gender, relationship status) related to rumination deactivation strategies.

In the paragraph discussing collectivist culture (“Furthermore, intentional social connection... In collectivist cultures such as Indonesia, this selective relational engagement may be especially salient...”), deepen the cultural analysis with literature on shame/respect dynamics or family obligations that influence rumination

Authors revised and uploaded the document.

1.2. Reviewer 2

Reviewer:

The introduction briefly mentions “collectivist cultures such as Indonesia” but only later integrates this into rationale. Consider expanding the paragraph “Cultural context shapes how rumination is experienced and managed...” with more nuanced cultural psychology literature to justify why Indonesia is a relevant setting for exploring rumination deactivation

The sentence “However, most research emphasizes structured therapeutic techniques or symptom reduction outcomes rather than exploring the spontaneous, lived processes...” could be expanded to name the specific limitations in current rumination-focused CBT or mindfulness interventions, reinforcing the novelty of studying self-initiated strategies

In the discussion paragraph “A central finding was the crucial role of meta-awareness and cognitive decentering...”, strengthen the theoretical integration by linking to metacognitive model frameworks (e.g., Wells’ metacognitive theory) alongside mindfulness-based decentering

In “Another major contribution of this study is its detailed portrayal of emotional processing and release as a mechanism of rumination deactivation,” explicitly articulate how this contribution extends beyond existing qualitative surveys like Joubert et al. (2022) and not just clinical intervention studies

The discussion suggests practical applications but remains general. Expand the paragraph “The results highlight the importance of helping anxious young adults develop awareness of mental loops...” to detail how low-intensity, digital, or peer-support interventions could integrate these naturally reported strategies.

Authors revised and uploaded the document.

2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.